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ONTARIO LEGISLATURE PROROGUED AFTER LIBERAL LEADER STEPS DOWN PAGE 6

CALGARY metro®

Tuesday, October 16, 2012

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#BIEBERFORCRYSTAL

Crystal Amber Montgomery poses for a photo with Justin Bieber after a Twitter campaign, #bieberforcrystal, trended nationally and prompted the singer to go to Edmonton's Cross Cancer institute to meet the 18-year-old fan who is battling cancer. For more coverage go to metronews.ca. CONTRIBUTED

Alta. victims of bullying urged to speak up

Tragedy. Death of B.C. teen leads to debate over how to prevent abuse in education system

Alberta's education minister wants students to step forward and share their stories of abuse after the tragic death of a B.C. teen.

Jeff Johnson also suggested Monday that better training of prospective teachers could go a long way to battling what some have deemed a bullying epidemic.

His comments come just days after 15-year-old Port Coquitlam student Amanda Todd likely took her own life. Todd posted a video earlier this year claiming she had endured years of abuse after making the mistake of exposing her breasts on a webcam.

While her torment originated online, the teen claimed many friends had turned on her and school had become an unbearable environment.

Johnson said he was saddened by news of the girl's death.

"We expect schools — those school grounds, those school communities — to be safe and that's our responsibility that we take very seriously," he said Monday.

"This is something, as a society, we all share a part in the solution ... if there are kids out there that don't feel like they're getting resolutions, don't feel like they're being treated fairly with respect to this, I want to know about it."

Parents helping organize a Calgary vigil in Todd's honour expressed concern to Metro Sunday that school administrators only tend to act in the most extreme cases of bullying.

Alberta's long-awaited Education Act is expected to introduce more concrete rules on acceptable student behaviour and parameters on when educators can intervene.

But Springbank teacher Bill Belsey, who created bullying.org, accused politicians of paying "lip service" to bully prevention without any real action.

"We don't need more studies," he said. "The research tells us we know a lot about bullying ... legislation will only take you so far. What we really want to do is focus on prevention through education awareness."

JEREMY NOLAIS/METRO

Quoted

"We expect schools — those school grounds, those school communities — to be safe and that's our responsibility that we take very seriously."

Education Minister Jeff Johnson

More coverage, page 10

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Sexual assault trial

Accused psychiatrist's fondling wasn't medical: Urologist

A urologist told a jury Monday that he doesn't believe a forensic psychiatrist accused of sexually assaulting his patients was performing a medical procedure.

Dr. Aubrey Levin, 73, was charged after one of his patients came forward and provided police with secret videos he recorded during his court-ordered sessions with the Calgary psychiatrist.

The videos, shown in court last week, show Levin undoing the man's belt and jeans and fondling him. Levin's defence is that the psychiatrist was using a rarely used medical technique.

Dr. Ethan Grober from the University of Toronto said it appeared Levin was attempting to arouse the patient — something that would never be appropriate.

"It was almost as if the doctor was trying to elicit an orgasm."

Grober, who is an expert on male sexual reproduction, said he doesn't believe Levin was performing a reflex test normally used to determine the state of spinal cord injuries.

He said a patient's response to that test is almost instantaneous and would not require the 14 minutes shown on one of the videos.

"(It) is a very unusual test to perform," said Grober.

Levin, who was frequently used by the courts to assess people and provide expert opinions at hearings, is on trial for the sexual assault of 10 male patients.

Most of his alleged victims were ordered to see him by a judge.

THE CANADIAN PRESS

Beef. Production up at XL Foods rival plant

As questions remain about when or if the packing plant at the centre of an E. coli outbreak and beef recall will reopen, another meat company in southern Alberta has ramped up production using workers from the same union.

The Cargill plant in High River added a Saturday shift and has been operating six days a week since XL Foods in Brooks had its licence suspended by food safety inspectors. Cargill says it is operating full out, handling up to 4,500 cattle daily. THE CANADIAN PRESS

Doug O'Halloran, leader of the union representing workers at the XL Foods cattle processing plant.
JEFF MCINTOSH/THE CANADIAN PRESS

Inquiry. Hearing into health queue jumping won't be witch hunt: Judge

A retired judge promised Monday that his inquiry into healthcare queue jumping in Alberta will be wide-ranging, but it won't be a witch hunt.

The judge must determine if some Albertans are using fear or favour to allow themselves or others to leapfrog to the top of waiting lists for medical procedures and, if so, to recommend what can be done to stop it.

The hearings are to run for two weeks in Edmonton starting Dec. 2 and then for two weeks in Calgary in January.
THE CANADIAN PRESS

Quoted

"I take the premier (Alison Redford) at her word when she was quoted as saying that this inquiry can follow the evidence wherever it leads."

John Vertes told a panel hearing in Court of Queen's Bench.

Calgary shark-fin ban gets tentative nod

Cruelty. Method of harvesting fins leaves sharks to die horrible deaths, critics argue

Aldermen gave tentative approval to a shark-fin ban on Monday but the bylaw won't come into effect until it receives additional readings at city council, now set for January 2013.

First reading of the bylaw, put forward by Ald. Brian Pincott, passed by an 11-3 vote but council then voted 10-4 to defer the next readings until January, pending further consultation with the local Chinese community.

Shark fin soup is considered a delicacy by many in the Chinese community and served in some Calgary restaurants.

Ken Lee, a spokesman for the Calgary Chinese Merchants Association, said many in the Chinese community simply wanted more consultation from the get-go.

Ingrid Kuenzel of Shark Fin Free Calgary praised aldermen for leading the way on this issue, saying it prompted municipalities in B.C. to move towards similar bans.

She said the city's decision could also impact the federal government as it considers a shark-fin importation ban.

"This little ripple will make big waves," Kuenzel said. ROBSON FLETCHER/METRO

Quoted

"This is about our community saying that this is a practice that we just can't support any longer.... We cannot delay those kinds of statements. We cannot dilute them in any way."

Ald. Brian Pincott in a failed attempt to convince his colleagues to approve the shark-fin bylaw immediately

Supporters of Calgary's proposed shark-fin ban brought toy sharks with them to the public gallery in city council chambers on Monday.
ROBSON FLETCHER/METRO

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LRT. Calgary stops short of borrowing to fast-track southeast transit

Tired of waiting for Green TRIP funding, aldermen voted Monday to press the Alberta government for a firmer timeline on when Calgary can expect money for transit infrastructure in the city's rapidly growing southeast.

Council stopped short, however, of seeking to borrow $12 million from the city's own reserves in anticipation of eventual provincial funding in order to pay for preliminary transit studies right away. That part of Ald. Shane Keating's motion was defeated by a 7-7 vote.

Mayor Naheed Nenshi noted a last-minute change in the city's funding application two years ago is largely responsible for the delay in funds and the province's budget deficit isn't helping speed things along, either. ROBSON FLETCHER/METRO

Green TRIP funding

- Calgary is anticipating hundreds of millions of dollars under Alberta's Green Transit Incentives Program (Green TRIP) to put towards southeast transit.
- "Right now, Alberta Transportation is working with the City of Calgary to formalize a funding agreement for Green TRIP projects," a spokesman for the transportation minister said Monday.

City council

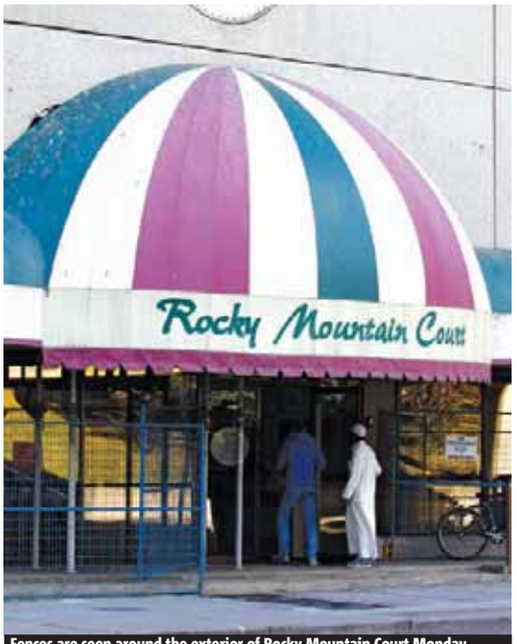
Limited free parking for veterans OK'd

City council endorsed a plan on Monday to provide roughly two hours of free parking a month to veterans.

Ald. Shane Keating's proposal to grant a yearly $120 credit to vehicles with veteran licence plates was approved by a 12-2 vote.

Keating's goal is to enable veterans to attend one downtown appointment a month for free, as a small token of appreciation for their service. ROBSON FLETCHER/METRO

Construction companies sued over condo complex damage



Fences are seen around the exterior of Rocky Mountain Court Monday. Residents are still able to live in the complex, but bottom-level restaurants have been closed and damage caused to the building could cost millions to repair. ROBSON FLETCHER/METRO

Lawsuit. Rocky Mountain Court condo owner says he, others face foreclosure over high cost of repairs

JEREMY NOLAIS
jeremy.nolais@metronews.ca

Representatives of a downtown Calgary condo complex have filed a lawsuit against two construction companies after structural damage was caused that could cost owners more than $4.5 million to repair.

The damage sustained to Rocky Mountain Court, located at 221-6th Ave. S.E., allegedly occurred last summer while crews with Durwest Construction Systems and Williams Engineering Canada Inc. were performing parkade renovations.

City of Calgary investigators then determined in July that businesses on the main floor of the complex would be forced to vacate until repairs to the structure were undertaken.

Condo board president Adam Zakreski declined requests for an interview on the lawsuit Monday.

"We're going to be meeting with their lawyers Thursday to go over details," he wrote in an email. "As we are right in the midst of negotiations I am not comfortable commenting at this time."

Representatives with both accused companies were not available for comment Monday afternoon.

Gord Anderson owns a condo in Rocky Mountain Court and said he and others face foreclosure over the high costs of repairs.

"I am scrambling. ... I actually have a claim into my own condo insurance," he said. "There seems to be a special clause that may cover this. If not, I owe my first payment — $18,000 — on Nov. 1 and I don't have the money."

Anderson said he may owe up to $45,000 by April.

Follow Jeremy Nolais on Twitter @Metro_Nolais

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Labour movement. New 300,000-strong union could soon double in size

The labour movement is looking to become a political force again by creating Canada's largest private sector union that will seek to double its size by organizing new workplaces and opening up its ranks to non-traditional members.

The Communications, Energy and Paperworkers Union of Canada voted Monday to approve a merger with the Canadian Auto Workers, which gave its OK to the plan in August.

The new union will initially have more than 300,000 members across roughly 20 sectors of the economy, but CEP president Dave Coles said he doesn't anticipate it remaining that size very long.

"Doubling that in a very short period of time is not unreasonable and it gives different voices to the debate and to the argument," he said during a news conference in Quebec City. THE CANADIAN PRESS

Occupy spirit

Union leaders said the new entity will try to capture the spirit of the student protests that gripped Quebec last summer, and the Occupy movement.

Cycling accidents

Helmets prevent deaths: Study

A study found cyclists who didn't wear a helmet were three times more likely to die of a fatal head injury than those who wore head protection while riding.
THE CANADIAN PRESS

Quebec inquiry

Illegal fundraising common: Witness

Former construction boss Lino Zambito said yesterday during Quebec's corruption inquiry that illegal fundraising was commonplace in the province's politics.
THE CANADIAN PRESS

Ontario Premier McGuinty steps down

Under fire. Provincial leader calls is quits amid political gridlock after nine years as premier, 16 as Liberal leader

Beaten down by a series of scandals, Ontario Premier Dalton McGuinty announced late Monday he was stepping down as Liberal leader and adjourning the legislature because his minority government can't pass legislation to freeze public sector wages.

After 16 years as party leader and nine as premier, it's time for new blood, McGuinty told a surprised Liberal caucus as his wife Terri and brother Brendan looked on.

"It's time for renewal, it's time for the next Liberal premier, it's time for the next set of Liberal ideas to guide our province forward," McGuinty told the caucus.

"To that end, I spoke with the president of our party and asked that he convene a leadership convention at the earliest possible opportunity."

McGuinty said he would stay on as the MPP for Ottawa-Centre until the next election.

The Liberals have been under fire for months for an out-of-control air ambulance service and faced a second contempt motion Monday for cancelling two gas plants in Mississauga and Oakville at a cost of hundreds of millions of dollars to taxpayers.

However, McGuinty blamed the fight over a public sector wage freeze for his second surprise — adjourning the legislature. He vowed the Liberals would try to negotiate zero-increase agreements with the unions — something the NDP has demanded — and would also use the break to negotiate with the Progressive Conservatives.

"They oppose our wage freeze plan, and that means we can't make it the law, certainly as it stands at this point," said McGuinty.

"I met with the LG (lieutenant-governor) earlier today and asked that we prorogue the house so that we can pursue both discussions, both tracks, in a way that is free of the heightened rancour that has sadly, too frequently, characterized our legislature of late."

The government needs the wage freeze for about 481,000 public sector workers to trim the $14.4-billion deficit, and McGuinty said proroguing will give the government time to find out exactly what the Tories want to approve the plan.

THE CANADIAN PRESS

Politics aside

"I have never doubted his sincere commitment to the people in this great province of Ontario ..."
Conservative leader Tim Hudak

Ontario Premier Dalton McGuinty walks with his wife Terri out of the government caucus room in Toronto on Monday after announcing he is stepping down from his position. MICHELLE SIU/THE CANADIAN PRESS

Go to metronews.ca to see reactions from politicians, readers and Ontarians about the surprise resignation.

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Russian investigation

Pilots in plane crash were drunk

Russia's investigative agency says both the pilots of a plane that crashed last month in Russia's far east, killing 10 people, were drunk.

The plane slammed into a forest on the Kamchatka Peninsula on Sept. 12. Ten of 14 people on board, including both pilots, were killed.

THE ASSOCIATED PRESS

Leaked video

Hulk Hogan suing over sex tape

Reality TV star and former pro wrestler Hulk Hogan is suing a Tampa Bay-based disc jockey, the DJ's ex-wife and a New York media group over a sex tape.

Hogan says he was secretly taped six years ago having sex with the ex-wife of DJ Bubba "The Love Sponge" Clem.

THE ASSOCIATED PRESS

Hulk Hogan THE ASSOCIATED PRESS

Paris court

Man sentenced for attacking photog

A Paris court has convicted a 23-year-old man of attacking and injuring a photographer who had taken photos of a group of women who were breaking a new French law by wearing face-covering veils. The court sentenced Ymad Bilel Benouahab on Monday to 18 months in prison for the attack.

THE ASSOCIATED PRESS

Francesco Schettino, centre, the former captain of the cruise ship Costa Concordia, leaves the Teatro Moderno theatre in Grosseto, Italy, Monday, where the first hearings are taking place for the Jan. 13 shipwreck that left 32 people dead.

GREGORIO BORGIA/THE ASSOCIATED PRESS

Former cruise captain faces victims at court hearing

Costa Concordia shipwreck. Court convenes in Tuscan city to determine whether case will go to trial

The former captain of the shipwrecked Costa Concordia cruise liner came to an Italian court on Monday to hear the evidence against him, while passengers who survived the Jan. 13 collision in which 32 died showed up to look him in the eye.

Wearing dark glasses, Francesco Schettino used a back entrance to slip into a theatre in the Tuscan city of Grosseto that is serving as a courtroom. He made no comment to reporters outside.

The Concordia ran aground and capsized off the Tuscan island of Giglio after Schettino took it off course and brought it close to the island as part of a stunt.

Hearings this week will help decide whether a judge will order trial for Schettino, who is charged with manslaughter, causing the shipwreck and abandoning ship while passengers and crew were still aboard. He denies the charges. Any trial is unlikely to begin before next year.

More than 1,000 survivors, victims' relatives and their lawyers are attending the closed-door hearing to discuss the evidence against Schettino and eight other defendants, including crew members and officials from Concordia owner Costa Crociere SpA, which is owned by Miami-based Carnival Corp.

"We want to look him in the eye to see how he will react to the accusations," said German survivor Michael Liessen, 50, who was attending Monday's hearing along with his wife.

Schettino has insisted that by guiding the stricken ship to shallower waters near Giglio's port instead of immediately ordering an evacuation he potentially saved lives. He has claimed that another official, and not he, was at the helm when the ship struck.

THE ASSOCIATED PRESS

Investigation report

Last month, four court-appointed experts delivered a 270-page report of what went wrong that night.

- **The experts.** Two admirals and two engineers lay most of the blame for the collision with the reef and the botched evacuation on Schettino.
- **Unprepared.** They also noted that not all crew members understood Italian, not all had current certification for evacuation procedures, and not all passengers had participated in evacuation drills.

Tussle over disclosure of documents at inquest

Ashley Smith. Lawyer alleges 'state coverup' at probe into teen's prison cell death

Federal correctional authorities are trying to stop public disclosure of videos and documents during a fight over the scope of an Ontario inquest into the prison death of a deeply troubled teen five years ago.

The motion to seal the materials — which a lawyer for the family of Ashley Smith called a "pure and simple state coverup" — threatens to further delay the already long-delayed probe.

"This is a classic example of the method of doing business by Correctional Service of Canada," Julian Falconer, the Smith family lawyer, said Monday.

"Their first instinct is to seal up and hide from public view."

Smith, 19, choked to death Oct. 19, 2007, in the Grand Valley Institution in Kitchener after repeated bouts of self-harm. She had spent much of her final year in solitary confinement being shunted from one prison to another.

THE CANADIAN PRESS

Second inquest

The inquest, under Dr. John Carlisle, slated to begin early in the new year, is actually the second one into Smith's death.

- **First inquest.** The first was aborted last year when the presiding coroner, Dr. Benita Porter, announced her retirement after months of acrimony and bruising legal battles.

Public safety

Long-delayed gun-marking rules coming soon

The Conservative government that earlier this year killed the national gun registry now says placing serial numbers on long guns contributes to public safety by allowing police to trace them.

The Public Safety department says that, effective Dec. 1, long-delayed rules on gun markings will come into force. The rationale for the move, says a government backgrounder, is "to contribute to public safety by facilitating law enforcement investigations when the markings can be linked to information on the last legal owner of the firearm."

But unlike the original 2004 regulations that have been postponed three times by the Harper government, the rules taking effect this year will not be enforced on gun makers.

THE CANADIAN PRESS

Perjury

Air India bomber asks court to review conviction

Inderjit Singh Reyat is asking the Supreme Court of Canada to overturn a perjury conviction for his testimony at the Air India bombing trial, further prolonging a saga that began with the deaths of 329 people in the skies over the Atlantic Ocean nearly three decades ago.

Reyat, who himself pleaded guilty to manslaughter for his role in the bombing, was convicted of perjury in September 2010 and later sentenced to nine years in prison — believed to be the longest perjury sentence in Canadian history. He was accused of lying 19 times during the 2003 trial of Ripudaman Singh Malik and Ajaib Singh Bagri, who were acquitted of mass murder and conspiracy in the bombing of Air India Flight 182 on June 23, 1985.

THE CANADIAN PRESS

Efficacy questioned. Report calls for new, better flu vaccine

A new report says flu vaccine is not as effective as public-health messaging suggests and new and better vaccines are needed.

The report suggests the current vaccines offer moderate protection some years and less in others.

The authors say the problem is that having vaccine that is deemed good enough is a disincentive for the industry to develop longer-lasting and more effective flu shots — especially given that better vaccines would likely cost significantly more.

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NDP motion targets bullying in Canada

House of Commons. New Democrat MP Dany Morin wants the feds to create a national bullying prevention strategy

When Dany Morin was being picked on in high school, there was no such thing as Facebook.

The taunting faced by teens these days is far worse than it was 20 years ago, the New Democrat MP said Monday as his motion calling for a national effort to fight the problem came before the House of Commons.

"Nowadays, with cyber bullying, with social media, it has gotten to a breaking point," said Morin, whose motion comes in the tragic wake of a bullying-related suicide that has captured the country's imagination.

New Democrat MP Dany Morin
ADRIAN WYLD/THE CANADIAN PRESS

The death last week of Vancouver teen Amanda Todd has served to shine a spotlight on the problem and expose the urgent need for a solution, Morin said.

"It is a nationwide problem and it is, unfortunately, only growing with time."

The NDP motion calls for the creation of a House of Commons committee to develop a national bullying prevention strategy that would examine the prevalence and impact of bullying and look for ways to prevent it.

It's high time the federal government got involved in an effort to put a stop to bullying, said Queen's University psychology professor Wendy Craig.

"A national campaign needs to focus on relationships — relationships between parents and children, relationships between all adults who work or are involved with children and with youth-to-youth relationships," said Craig, the scientific co-director of Promoting Relationships and Eliminating Violence Network (PREVNet).

"We also need to focus on helping adults and youth identify the signs of when someone may be experiencing bullying and help get them connected to adults for support and intervention."

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Standoff ends in arrest

A hotel guest leaves the Fairmont Pacific Rim Hotel in Vancouver on Monday. A 28-year-old Surrey, B.C., man was arrested after a 10-hour standoff with police at the hotel. A man with a gun walked in around 2:30 a.m., showed his weapon, sat down and waited.

JONATHAN HAYWARD/THE CANADIAN PRESS

Malala Yousufzai

Pakistani activist treated in Britain

A young Pakistani activist shot in the head by the Taliban arrived in Britain on Monday to receive specialized medical care and protection from followup attacks. THE ASSOCIATED PRESS

Corporal punishment

Teen girl whipped in Timbuktu

A girl received 60 lashes in Timbuktu after Islamist extremists convicted her of speaking to men on the street. The girl, about 15 years old, was publicly whipped. THE ASSOCIATED PRESS

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Family finances in worse shape than expected

Revised StatsCan data.
But new figures also show that Canadians have more assets than previously thought

Canadian households are even more in debt than imagined, according to a revised Statistics Canada calculation that gives a more accurate picture of family finances.

The revisions place household credit market debt in the second quarter at 163 per cent of disposable income, well above the previously reported 152 per cent, although the two levels are no longer a direct comparison.

The new numbers remove non-profit institutions from the household category, giving a more accurate accounting of family finances. The revision shows debt growth over the last decade that looks "eerily similar to the U.S. experience, just before their dramatic housing bust," said David Madani, an analyst with Capital Economics. "Overall, this supports our bearish view that Canada's housing boom is unsustainable and the eventual correction, which we think is already underway, is likely to have ... material negative implications for growth," he said.

The revisions show a much steeper climb, with debt growing in each of the past six quarters. Madani doubts the news will cause the Bank of Canada to hike interest rates, saying that point has passed given the slowing housing market and still weak global economy.

There was some good news in the revised data. It turns out Canadians have more assets than previously thought, with per capita net worth rising $7,900 to $190,200, due mostly to an improved calculation of holdings in unlisted company shares. THE CANADIAN PRESS

Market Minute

DOLLAR 102.04¢ (-0.07¢)

TSX 12,229.96 (+27.92)

OIL $91.85 US (-1¢)

GOLD $1,737.60 US (-$22.10)

Natural gas: $3.486 US (-12.5¢)
Dow Jones: 13,424.23 (+95.38)

Activists accuse Walmart's pork suppliers of mistreating pregnant pigs

Animal rights activists protest outside Walmart in Alpine Township, Mich., on Monday. Mercy For Animals, a national U.S. nonprofit, organized the protest to call attention to Walmart's pork suppliers, which they say confine pregnant pigs to small crates. CORY MORSE/THE GRAND RAPIDS PRESS/THE ASSOCIATED PRESS

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WHY CAN'T WE TAKE LOOKS OFF THE POLITICAL AGENDA?

SHE SAYS...
Jessica Napier
metronews.ca/voices/she-says

With an election campaign happening south of the border, October seems like the perfect month to release yet another research report on the differences between Democrats and Republicans. Last week, I found my eyes permanently rolled into the back of my head after reading about a recent U.S. study that compared the attractiveness of female representatives from both political parties.

Forget about intelligence, personality or an actual ability to do the job, let's talk about whose face is more symmetrical!

Shockingly, this "study" wasn't performed by a room full of frat boys but by actual researchers at the University of California. Using a computer-modelling program, researchers measured various physical characteristics of the members of the House of Representatives to determine which party had more female politicians with "stereotypically feminine facial characteristics."

The results show that Republican women are "prettier" — and we're talking strictly on the outside here, folks — than their Democrat counterparts.

Pretty state of affairs

Forget about intelligence, personality or an actual ability to do the job, let's talk about whose face is more symmetrical!

Stereotypically feminine facial features? What does that even mean? The entire concept of feminine beauty is a cultural construct, not an objective truth.

The study assumes an ideal kind of beauty determined by a completely subjective set of parameters that have been perpetuated for decades by a media culture that favours full lips and narrow noses. The fact that Female A can be labelled as more gender-normative — and therefore more attractive — than Female B based on eye shape or forehead contouring is absurd.

This isn't science; it's sexism.

There are multiple layers of offensiveness at work here, but the most troubling thing about this study is that we continue to invest so much time and effort into caring about what our female politicians look like.

We rarely (if ever) evaluate male politicians like beauty-pageant candidates, yet the discourse around women in politics always turns to their physical beauty — or lack thereof. But what does the placement of cheekbones and eyebrow arches really have to do with an individual's capacity to do their job? Nothing.

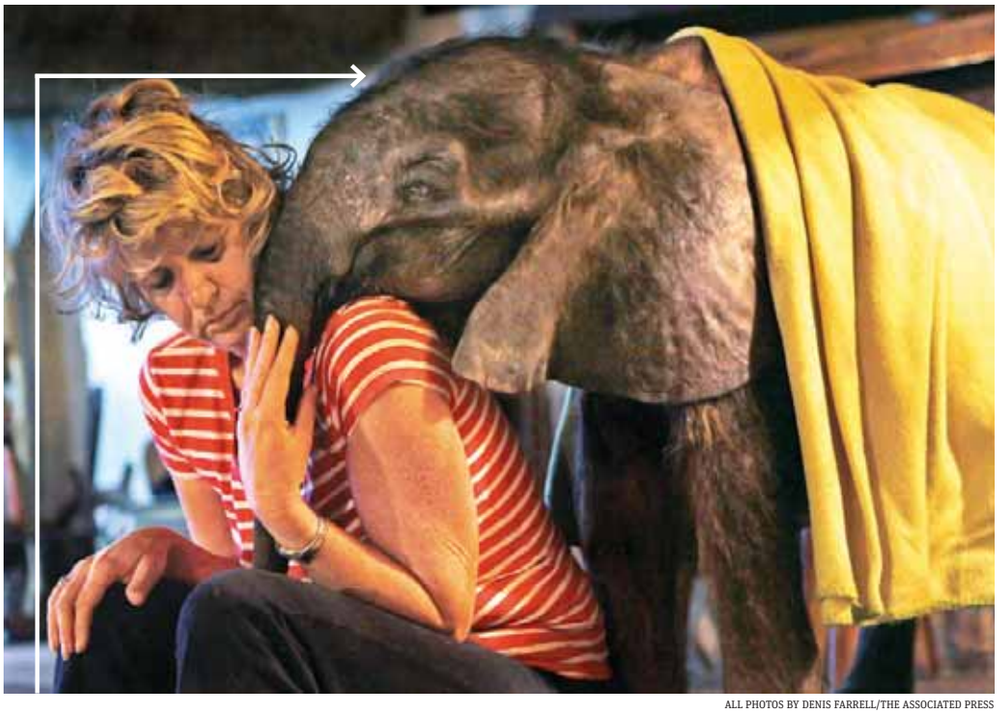
No matter how much progress women make in terms of representation in politics, studies like this and the resulting media coverage encourage us to fixate on appearance — Hillary Clinton's pantsuits, Sarah Palin's hairstyle, Michelle Obama's toned arms — over policy.

So, since the body politic has strayed entirely out of the realm of reasonableness, I am calling for funding to embark on my own equally ludicrous companion study comparing the penis size of male Democrats versus male Republicans. Because if we're going to focus on the physical, doesn't the public have a right to know who has the most "stereotypically masculine" body parts?

Follow Jessica Napier on Twitter @MetroSheSays

Strong-arm tactics? Michelle Obama speaks on stage during Day 1 of the U.S. Democratic National Convention on Sept. 4. ALEX WONG/GETTY IMAGES FILE

Orphan gets shoulder to lean on



ALL PHOTOS BY DENIS FARRELL/THE ASSOCIATED PRESS

Foundling rescue

Abandoned baby elephant finds welcoming home

A seven-and-a-half-month-old orphaned elephant named Moses cuddles with his adoptive "mother" and foundation owner Jenny Webb, at sunrise at their home in Lilongwe, Malawi. Moses was found alone and close to death in the Vwaza Wildlife Reserve. He has been adopted by the Jumbo Foundation, where he is cared for and is being raised by humans.
THE ASSOCIATED PRESS

Dogs and elephant show

Orphaned elephant calf Moses takes his daily walk with pet dogs Barney, left, and Bagheera and adoptive "mom" Jenny Webb at their Malawi home on Oct. 8.

Trunk feeder

2

Number of feedings Moses receives every hour. Below, the orphaned calf devours a formula bottle.

Metropolitan Panel

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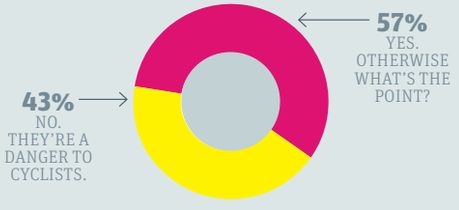
Should e-bikes be allowed in bike lanes?



Twitter

@HeySeto: Everyone is smiling on the train after the "happy Monday" pep talk from the driver #toocute #yyc #yyctransit

@bohemian_me: I love my #yyc :) is nothing better than coffee in the morning, and looking at the mountains

@ApocalypseMama: Question to mayor: "justin bieber is in this city right now, what are your thoughts?" Answer: "squee?" Best. Reply. Ever. @nenshi. #YYC

@ArchyStyle: if you're a driver in #yyc, don't be a jackass to cyclists, they have video cameras you know

@ForeverLashful: It's a very warm day and it doesn't feel like crisp autumn air outside. #YYC weather is peculiar.

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DVD reviews

Moonrise Kingdom

Director. Wes Anderson

Stars. Jared Gilman, Kara Hayward, Bruce Willis

This beautifully rendered enchantment by Wes Anderson and co-writer Roman Coppola reveals them to be two artists who are very much in touch with their inner rebel kid. Moonrise Kingdom transports us to the sleepy summer of 1965 and a New England island called New Penzance, where two 12-year-olds are on the run. Errant boy scout Sam (Jared Gilman) and curious girl Suzy (Kara Hayward), pen pals turned delinquents in the service of love, are fleeing Sam's bullying troop and Suzy's distracted parents. The two can't escape everything: a hurricane is fast approaching. As Sam and Suzy go native and explore their love — mild petting is shown but sex isn't — the adults, including characters played by Bill Murray, Frances McDormand and Tilda Swinton, run wild trying to round them up.

Extras include three making-of featurettes.

PETER HOWELL

Mamie Gummer confesses that interviews aren't her favourite thing. THE ASSOCIATED PRESS

The doctor is in and ready for the spotlight

Mamie Gummer. Star of new TV series is best known as the daughter of Meryl Streep, but she's got plenty of acting cred

On Emily Owens, M.D., Mamie Gummer plays a med school graduate just starting out as an intern.

No longer will Emily be the nerdy schoolgirl plagued by nervous perspiration, exclusion from the cool crowd and awkwardness with boys! She has reached a long-awaited turning point: adulthood. At least, that's what she tells herself.

Except her new life as a doctor feels uncomfortably like her former life. Denver Memorial Hospital feels eerily like high school, with its cliques and gossip and a fellow intern, who, gorgeous and popular, was Emily's nemesis back in high school.

As a doctor, Emily knows her stuff.

But on a personal level, she's still dorky and naive.

"She's really smart," says Gummer, "which rescues her when her heart and lack of confidence get her into jams. She's very easy to embrace. I really love her!"

With a little luck, the audience will love her, too, and make a hit out of Emily Owens (premiering Tuesday at 9 p.m. EDT on the CW network). And in the process, turn Mamie Gummer into a star.

Maybe then she'll be recognized for her own sizable talents rather than, primarily, as the actress-daughter of Meryl Streep.

The family resemblance is easy to see. But Gummer comes across as more ethereal, more vulnerable than her celebrated mom. Warm and friendly during a recent interview, she is also plainly ill-at-ease at being interviewed.

Gummer makes no bones about it: Interviews aren't her favourite thing.

"I feel like I'm a secondary artist, a kind of a conduit for the writer, and if it's a good writer then I have a great road map. If the material's not as good, or if I'm writing the material — which is what I'm doing right now, talking to you — then I get a little nervous.

"I understand it's part of the job, so I try not to be too guarded," she offers in a gentle, halting voice. "I try to be open, but not completely laid bare."

Asked how she likes her status as a budding celeb, she laughs and answers warily, "We'll see."

THE ASSOCIATED PRESS

No novice

- **On Broadway.** The second of four children of Streep and sculptor Don Gummer, Mamie Gummer may not yet be a household name. But at 29, she has accumulated solid acting credits. She made her off-Broadway premiere in Mr. Marmalade, a dark comedy in which she co-starred with Michael C. Hall. She arrived on Broadway in a revival of Les liaisons dangereuses.

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Tig Notaro reflects on the set that changed her life

'I have cancer.'
Comedian who opened now legendary performance with blunt confession feels more reflective now

A frightfully nervous Tig Notaro stood just offstage at the Los Angeles club Largo while Ed Helms introduced her.

The audience of 300 and Notaro's fellow performers that August night had no idea what she was about to do. They had no idea she was going to address the trauma and pain that had been the last few months of her life, or relay the bad news she had received just days earlier. They had no idea she was about to perform the bravest set they had ever seen.

"Good evening! Hello. I have cancer. How are you?"

With those words — said cavalierly in the normal stand-up greeting manner — Notaro launched into a 30-minute performance that immediately became legendary in comedy circles and that's now available as an unlikely live album via a $5 digital release by comedian Louis C.K. In just a week, it's sold more than 60,000 copies.

The 41-year-old Notaro, a stand-up veteran of 15 years, was in the midst of a string of misfortunes: She had been hospitalized and debilitated by clostridium difficile, her mother had died in a tragic accident, she went through a break-up, and, days earlier, she had learned she had breast cancer.

"It's weird because with humour, the equation is tragedy plus time equal comedy," Notaro told a stunned crowd. "I am just at tragedy right now."

But Notaro's performance wasn't a weepy lament. It was matter-of-fact storytelling, filled with heartbreakingly funny observations. It was taking comedy straight into darkness and grief, in the rawest catharsis.

"It felt amazing," Notaro said in a recent interview, days after moving from Los Angeles to New York. "When I was on stage I felt, 'Wow, I think something really special is happening.'"

Tig Notaro. KATE LACEY/THE ASSOCIATED PRESS

Now, Notaro realizes a shift has occurred in her comedy and that she can't return to her old material.

"I cannot imagine — and maybe it's just a matter of time — doing that kind of material right now," says Notaro, who hasn't yet performed since. "I feel a little more reflective and searching. My comedy is beyond me right now.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Kourtney, keep an eye on your guy

THE WORD
Dorothy Robinson
scene@metronews.ca

Non-newsflash: Scott Disick is apparently a terrible person, according to a new story by The Daily's Flash.

The site reports that during a boys' night out at the Vista Lounge in the Mohegan Sun Casino, Kourtney Kardashian's baby daddy was spotted canoodling with a "hot blonde" and acted "incredibly mean" to his waitress.

"His arm slung cozily around a hot blonde with her hair in a topknot, Disick seemed to be loving the bachelor lifestyle," The Daily's Flash reported about his questionable actions.

"Scott was so incredibly mean," his bottle waitress was overheard saying. "He literally ripped the bottle out of my hands when I came to the table, and later, he and his friends were just dumping drinks on me. I'm glad to be done with their table for sure." Another eyewitness told the site, "It seemed so obvious his relationship with Kourtney is for show."

If I were Disick, I'd watch out. If he blows the carefully-crafted illusion that he and Kardashian are still a couple I'm pretty sure he'll one day soon wake up next to a horse head, courtesy of Kris Jenner.

Susan Sarandon

Sarandon didn't get her start the sleazy way

Susan Sarandon is a well-respected, Oscar-winning actress, but she didn't always have it so good. In fact, Sarandon admits that early in her career she was even exploited in a 'casting couch' experience. "It was not successful — for either of us. I just went into a room, and a guy practically threw me on the desk," Sarandon tells Elle magazine. "It was my early days in New York, and it was really disgusting. It wasn't like I gave it a second though, it was so badly done." The actress declined to offer specifics on the role for which she was auditioning at the time.

Lindsay Lohan

Can't keep a Lohan down

Lindsay Lohan is back in Los Angeles and "at ease" after a tumultuous trip to New York that culminated with police intervening in an argument between the actress and her mother, according to People magazine. She even hit up an old haunt, the Chateau Marmont, despite being on the outs with management earlier this year. "Lindsay was very talkative and led much of the conversation," the source says. "The group shared hot tea and late night salads. Lindsay definitely seemed at ease and in high spirits as they enjoyed a low-key night."

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Kristen Stewart

Social media scaring Stewart

Becoming famous has made Kristen Stewart become afraid for her life, she admits in a new e-book called Robert Pattinson, Kristen Stewart, Taylor Lautner — In Their Own Words compiled by Talia Soghomonian. "Nowadays it's harder because everyone is on Facebook and everyone knows where you are all the time, and everyone's twittering," Stewart says. "Like I'm going to die because somebody is going to say where I am and somebody is going to kill me. Someone's going to twitter my location and then it's going to be like, boom."

Pitt the pusher? Brad says he could nab you the bad stuff

Brad Pitt ALL PHOTOS GETTY IMAGES

If you're looking to get high, Brad Pitt can hook you up.

"It's certainly true that I could probably land in any city, in any state, and get you whatever you wanted. I could find anything you're looking for, give me 24 hours or so," Pitt said, criticizing the U.S. war on drugs while introducing a screening of the House I Live In, a documentary about drugs in America, according to Us Weekly. "And yet we still support this, I have to say, this charade called the drug war." That being said, though, Pitt says he doesn't currently imbibe himself. "My drug days are long since past," he admits.

A fast fix?

"I could find anything you're looking for, give me 24 hours or so."
Brad Pitt

LIFE 3

Why you get adult acne

Skin care Are zits ruining your life? Experts tell us why we're never too old for a breakout.

ROMINA McGUINNESS
life@metronews.ca

Did you just call in sick after noticing a big fat spot on your cheek? Bail on your super hot date?

"Acne equals ugly. It's a social stigma," Dr. Kathy Fields, founder of Proactiv skin care tells Metro.

But why?

"There's nothing more hurtful to the ego than being an adult with issues of a teenager," says Dr. Paul Jarrod Frank, cosmetic dermatologist. "It affects their ability to be successful at work and to have physical and emotional relationships. If their skin doesn't look good, they'll cancel social plans."

"Teens get acne on their nose, cheeks and forehead during puberty. In adults, it tends to appear along the hairline, chin and neck, and is caused by hormonal changes and stress," explains skin scientist Dr. Ava Shamban.

How it forms

Fields explains how the process is the same whether you're a teenager or an adult, male or female.

"All acne is hormonal but the process of a plug in the pore, the overgrowth of bacteria and the resulting inflammation (mild or severe) is genetic," Fields said.

Why it forms

Most likely: your hormones have gone haywire

Whether it's stress, diet, PMS or pregnancy, hormonal imbalance is the main reason why an adult gets acne.

"The first thing I want to know if a patient has acne is, what's going on with their hormones?" cosmetic dermatologist Dr. Elizabeth Tanzi tells Metro.

"Acne forms when an excess of male hormones called androgens (which occur in both men and women) stimulates the sebaceous glands to produce extra oils," explains Shamban.

The sticky oil creates a plug under which bacteria begins to grow. The body's response with inflammation is the spot that shows up on the surface of the skin about two weeks later.

Very likely: you're stressed out

"Stress can trigger heightened levels of androgens, triggering breakouts. Cortisol (the stress hormone) and other adrenal steroids can stimulate the sebaceous glands, resulting in acne flare-ups," warns Shamban. "Cortisol is going to pump any time you are experiencing a stressful moment, whether that's a text from your crazy ex or getting promoted."

The 25-year-old 90210 actress AnnaLynne McCord recently embraced her blemishes by posting a picture of herself on Twitter with no make-up. GETTY IMAGES

Less likely: it's your unhealthy lifestyle

Adults are desperate to find out why they have acne.

Is it their diet, exercise, stress?

"Lifestyle is never really the cause, but it doesn't help," explains Frank.

"When we stress, we crave junk food and carbohydrates — another response to the rise in cortisol — which can trigger acne," says Shamban.

But according to Fields, the newest acne culprit may be (genetically modified) wheat.

"One theory is that the protein in wheat-gluten is very toxic to the gut. This could be causing extra inflammation in the body, which then translates into anything from headaches to acne."

Even less likely: mechanical rubbing

Acne mechanica is when inflammation from chronic rubbing leads to acne.

"We touch our face up to 12 times an hour. Resting your chin on your hand at work, pressing your cellphone on your chin, or wearing tight clothing could be the cause," says Shamban.

The stat

"30 to 50 per cent of adult women have acne."

Dr. Kathy Fields, founder of Proactiv
Speaking about the issues that adult women have.

Now fix it

Adult acne is treated differently to teen acne.

"Adults are breaking out but their skin isn't that oily. Classic treatments prescribed to teens irritate adult skin," says Tanzi.

You need to be more aggressive, adds Frank.

"Make a teenagers skin 50 per cent better and it's a success. Make an adult's skin 50 per cent better and they're still miserable."

Medicate

"You can't change your hormones if you're a man but for women, we can consider birth control pills to suppress sebum-triggering androgen production in the ovaries or anti-androgens to reduce sebum production," says Fields.

Make the right lifestyle choices

"When my patients go strict with no carbs and no dairy (they don't cheat and go gluten-free) and stick to fruit, vegetables and protein, their skin improves," says Fields.

According to Shamban, a diet high in vitamin A and beta-carotene helps.

"Sweet potatoes, apricots, kale or spinach increase your resistance to bacteria. Exercising also helps as it breaks the inflammation cycle in the body."

Clean, exfoliate and hydrate your skin

"Choose an AHA-based cleanser to clear dead skin and act as anti-inflammatory. Hydrate with a non-comedogenic moisturizer because if skin becomes dry, it will produce more oil and heighten breakouts," says Shamban.

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The comfort of chicken noodle with an Asian twist

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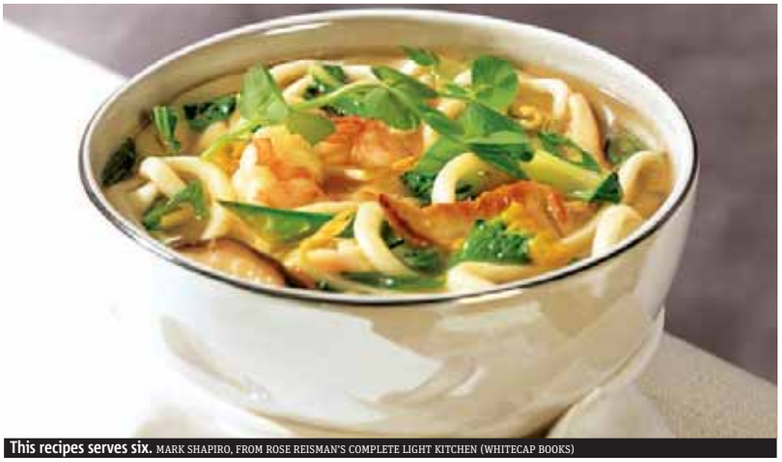
Udon are long, round noodles with a wonderfully dense texture.

This soup is an all-time favourite — it's not only delicious, but also quick to make.

Ingredients

- 4 oz skinless boneless chicken breast (about 1 breast), diced
- 2 tsp each minced fresh ginger and garlic
- 6 cups chicken or beef stock
- 2 tbsp low-sodium soy sauce
- 6 oz fresh udon noodles
- 2 cups sliced bok choy
- 1/2 cup sliced snow peas
- 6 oz raw shrimp, peeled, deveined and chopped (about 3/4 lb unpeeled)
- 1 cup bean sprouts
- 2 green onions, chopped
- 2 tsp sesame oil
- 3 tbsp chopped parsley



This recipes serves six. MARK SHAPIRO, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

To keep the bean sprouts fresh longer, store them in water in the refrigerator.

1. Spray a non-stick wok or large non-stick saucepan with cooking oil. Add the chicken and cook over medium-high heat for 4 minutes, or until the meat is barely cooked through. Add the ginger and garlic and cook for 1 minute. Set aside.

2. Bring the stock and soy sauce to a boil in a large saucepan. Add the noodles and return to a boil. Reduce the heat to medium-high and cook for 4 minutes, or until the noodles are tender. Add the bok choy, snow peas and shrimp. Cook for 2 minutes, or until the shrimp are pink and the snow peas are tender-crisp.

3. Add the chicken, bean sprouts and green onions. Cook just until heated through. Ladle into individual bowls and garnish each serving with a drizzle of sesame oil and a sprinkle of parsley. **ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)**

Health Solutions

The Seedy Truth

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Magnesium is a mineral that your body needs to regulate muscles, heart rate and help build bones.

It is a crucial nutrient that often gets overlooked but you need, on average, 400 mg each day.

It is found in oat bran, buckwheat and artichokes (you eat loads of those foods, right?).

Maybe this is why most North Americans are believed to be magnesium deficient.

Your best bet for boosting intake is to go to seed.

Sprinkling these high magnesium nuggets on every salad, pasta, stew or soup will get you much closer to your optimal intake.

Check out these super seeds (approximate mg of magnesium per shot glass):

- **Sunflower seeds: 91 mg**
- **Sesame seeds: 97 mg**
- **Flax seeds: 110 mg**
- **Chia seeds: 118 mg**
- **Pumpkin seeds (green): 150 mg**

This brings a whole new meaning to the word "seedy."

Protecting each and every cell in your body is better served when you behave like a bird.

THERESA ALBERT IS AN AUTHOR AND NUTRITIONIST AT ROSEDALEWELLNESS.COM IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Cream of Broccoli gets kick of cheddar and bacon

1. Heat the oven to 450 F.

2. In saucepan over medium, heat 1 tablespoon of oil. Add bacon and cook, stirring, 8 mins., or until slightly golden. Use slotted spoon to transfer bacon to a bowl and set aside.

3. Reduce heat to medium-low. Add another tablespoon of oil and onion to pan, and cook, stirring occasionally, until onion softens. Add coarsely chopped broccoli (not florets), potato and chicken broth. Bring broth to boil, reduce heat and simmer, partially covered, for 20 mins., stirring every so often, or until broccoli and potatoes very tender.

4. Meanwhile, on rimmed baking sheet toss florets with remaining 2 teaspoons oil. Season with salt and pepper, then spread in an even layer. Roast in top third of oven 5 mins., or until lightly caramelized.

Ingredients

- 2 tbps plus 2 tsp extra-virgin olive oil, divided
- 3/4 lb Canadian bacon, chopped
- 1 medium yellow onion, sliced (about 1 cup)
- 2 lbs fresh broccoli (4 cups small florets set aside, the rest, including the stalks, trimmed of tough skin and coarsely chopped)
- 1 small Yukon gold potato (about 6 oz), scrubbed and thinly sliced
- 5 cups low-sodium chicken broth
- Kosher salt and ground black pepper
- 1 tbsp fresh lemon juice, or to taste
- 2 oz sharp cheddar cheese, coarsely grated

This recipe makes eight starter portions or four mains. MATTHEW MEAD/ THE ASSOCIATED PRESS

5. When vegetables in soup are tender, transfer soup to blender and purée, in batches, until smooth. Be careful and only fill blender a third full each time.

6. Return soup to saucepan, along with roasted broccoli florets and bacon. Add the lemon juice, then season with salt and pepper. Add water, if necessary, to achieve the desired texture. Ladle the soup into 4 shallow soup bowls and top each portion with some of the cheddar.

THE ASSOCIATED PRESS/SARA MOULTON OF SARA'S WEEKNIGHT MEALS AND AUTHOR OF THREE COOKBOOKS, INCLUDING SARA MOULTON'S EVERYDAY FAMILY

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BIGGER PICTURE

LET SCOTIABANK HELP YOU EXPAND YOUR BUSINESS

ISTOCKPHOTO/THINKSTOCK

Jeff Morris shared a dilemma with the thousands of Canadians who run small, successful businesses: How to expand safely.

Morris' company, Two Dogs Media, specializes in professional corporate videos. He started the company in 2005 with a relatively simple business model: Maintain a home office and rely on a network of freelancers — camera operators, editors and writers — to produce and deliver top-quality videos. The model reflected his skill set as a former actor with significant experience in sales. Two Dogs Media thrived and Morris soon began to dream of expanding to meet growing demand.

"Production costs today are a fraction of what they were five or 10 years ago," he says. "Yet, many larger and established firms continue to charge relatively high fees for fairly simple productions. I can compete successfully against these firms on price and quality. In many cases, though, I'd lose out because I didn't have a studio in downtown Toronto."

Toronto's downtown core is home to hundreds of corporations. Many of their video productions feature corporate executives in on-camera roles. To minimize travel time, executives often prefer to record in downtown studios, often on short notice. This put Morris at a decided disadvantage.

Expansion was the only realistic solution; to do that, however, Morris needed access to capital. He developed a business plan and shared it with a few bankers, with little success. Everything changed for the better once Morris started working with Scotiabank.

"They understood my business model and recognized the opportunity in the market right away," says Morris. "They helped me refine my business plan, reviewed my insurance policies, and provided me with a healthy line of credit to support expansion."

In January, Two Dogs Media opened a small, fully equipped studio on University Avenue in the heart of downtown. Morris now has two full-time employees and continues to hire freelancers on an as-needed basis. And business is booming.

"I meet regularly with Scotiabank staff," he says, "and I use my business plan like a road map to check how Two Dogs Media is doing and to set new targets and goals."

5 KEY EXPANSION QUESTIONS

1. Is the market large enough and accessible enough to support your growth?
2. Will the anticipated increase in sales offset the costs of additional staff, space, equipment, financing and overhead?
3. How will expansion affect your existing customers?
4. Can your current suppliers keep pace with your growth?
5. What impact will expansion have on your lifestyle, family life, and work-life balance?

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The boom in boomer business

YOUR MONEY
Alison Griffiths
money@metronews.ca

A recent survey shows 54 per cent of boomers nearing retirement had either started a small business or were contemplating it. ISTOCK IMAGES

It's the classic Canadian retirement scenario: Travel, time with the grandkids, golf and gardening. Sound good?

Not according a whole bunch of about to "retire" Canadians. A recent survey conducted for TD Canada Trust found an astonishing 54 per cent of boomers nearing retirement had either started a small business (15 per cent) or were contemplating it (39 per cent.)

After operating my own small business (writing) for more than 30 years, the idea of becoming an entrepreneur near retirement seems, well, kind of tiring.

I assumed the rush to be a late life startup relates to worries about retirement income. Unfortunately, that question wasn't directly asked. However, 53 percent did want more money and 32 per cent said that opening a business was part of a retirement strategy.

But for the majority, the motivation doesn't seem to be about money. Fifty-eight percent just want to be their own boss. Warning! When you operate a business you don't just have one boss; often you have many and it can be hard to serve numerous masters well.

I can understand starting a business that capitalizes on existing skills and contacts to supplement retirement income. This is a natural progression with no steep learning curve.

I guessed that many of those surveyed would follow this path.

Wrong again. Sixty-seven percent intend to venture into something that has nothing to do with their day job. This is where I worry. It's a special person who can start and run a small business after a lifetime of being an employee.

Forty-two percent of the budding entrepreneurs admit that financing is going to be the big challenge. As a public service I will save them some trouble. They won't get any. A line of credit is likely to be their best and only friend.

On the plus side, boomers have tons of experience — most have weathered difficulties and disappointments. They're also more likely to know how to ask for help and admit mistakes than the younger set. Learning to park your pride takes time.

Another plus. You can't golf or garden in the snow. But weather is no barrier to messing about with a grand idea.

Emergencies only

Is it really rude to bring one's own food to a dinner party?

Dear Charles The Butler. Is it considered rude to bring one's own food to a dinner party even when it's not a pot-luck affair?

The reason I ask is because I have a gluten intolerance and a few serious food allergies, so things can go wrong if I eat anything I'm not supposed to. I don't expect people to cater to my dietary needs or change their menu plans for me at all but I'd like to be able to still go to a dinner party and not end up in the hospital. How would you approach the host of the party in advance about this? I don't want to insult or offend anyone. What are your thoughts? Thanking you in advance, yours faithfully, Better Safe Than Sorry.

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Dear Better Safe Than Sorry, I truly believe that on the condition you are seriously allergic or have serious health issues, discussing this with the hostess ahead of time and bringing something simple that follows the host's meal is fine. My only fear in answering this question is that I don't want people to interpret that they can bring their own food for a multitude of reasons. This should only be done in extreme cases like yours. Usually it would be quite unacceptable.

Think before you bring food to a dinner party. ISTOCK

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WHICH WORKS BEST FOR YOU?

JUPITERIMAGES/POLKA DOT/THINKSTOCK

There's a reason rewards programs are so popular. In return for signing up for a free rewards account with a company, a consumer can gather points, take advantage of deals and garner rewards — sometimes major ones.

Unfortunately, the popularity of rewards programs means it can be confusing to evaluate the choices. How do you know which ones will work best for you?

According to Patrick Sojka, founder of the Rewards Canada, a website specializing in travel rewards programs for Canadians, consumers need to look at their spending habits, travel plans and reward goals when choosing a reward program.

Here's what to consider:

TIME SPAN

How you earn your points should depend on when you are going to want to spend them.

If you are planning a home renovation in two years, consider which credit card and loyalty program would be best for providing for your renovation needs. "Do you want to buy everything at Rona to earn Air Miles® and have an Air Miles® credit card to double dip?" Sojka says. "The same goes for the reward side."

CONSIDER YOUR PRICE RANGE

For less expensive vacations, Sojka suggests thinking about getting a travel points credit card that offers the flexibility of booking any airline or hotel with partial redemptions. On the other hand, if you are looking to go all out, flying first class or getting that over-the-water bungalow in Bora Bora, then an airline frequent flyer and/or hotel frequent guest program might be more your style, he says.

GET TO KNOW YOUR PROGRAM

You might be surprised at some of the benefits your reward program offers, says Andy Wright, president of the Air Miles® Reward Program. Air Miles® offers reward miles for online shopping at many Canadian and American retailers including Bloomingdale's Anthropologie and Indigo. (Visit airmilesshops.ca for details.)

"LIKE" YOUR REWARDS PROGRAM

Sometimes the best way to stay in the loop about points earning opportunities is to "Like" the Facebook page of your rewards program, Wright says. The Air Miles® Facebook page is regularly updated to provide news on current promotions and offers to help collectors earn faster.

EASY TO EARN OPTIMUM POINTS FASTER

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Now you can earn Shoppers Optimum Points faster than ever. That's because RBC Royal Bank and Shoppers Drug Mart have partnered to offer a banking account and a credit card that give Shoppers Optimum members what they really want — more points!

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Imagine earning 15 Shoppers Optimum Points for every dollar you spend on the RBC Shoppers Optimum MasterCard at Shoppers Drug Mart stores. Present your Shoppers Optimum loyalty card when purchasing eligible items and you'll earn an additional 10 Shoppers Optimum Points per dollar.

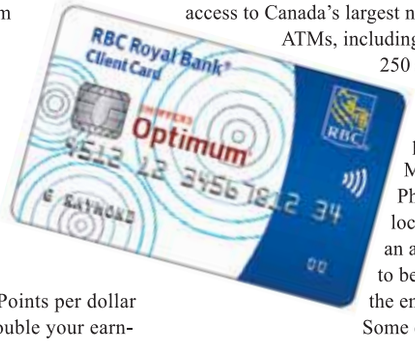
You can build up Shoppers Optimum Points shopping at other places too. Use your RBC Shoppers Optimum MasterCard outside of a Shoppers Drug Mart and you'll earn five Shoppers Optimum Points for every dollar spent.

As a welcome bonus, your first purchase with your RBC Shoppers Optimum MasterCard is worth a cool 15,000 Shoppers Optimum Points. Not bad.

This no-annual fee credit card features state-of-the-art chip and PIN security, extended warranty, and purchase security insurance. So you can pile up the points knowing security is built into your credit card.

NEW RBC SHOPPERS OPTIMUM BANKING ACCOUNT

Prefer to shop with a debit card? The RBC Shoppers Optimum Banking Account lets you earn 10 Shoppers Optimum Points for every dollar spent at Shopper Drug Mart stores. Present your Shoppers Optimum loyalty card on eligible purchases, and you'll earn another 10 Shoppers Optimum Points per dollar on top of that. That's double your earnings!



You'll also earn a Shoppers Optimum Point for every dollar spent outside of Shoppers Drug Mart. And just for opening your RBC Shoppers Optimum Banking Account and completing some criteria, you'll earn a bonus of 50,000 Shoppers Optimum Points. That's enough to redeem $85 worth of products at any Shoppers Drug Mart store.

There's another benefit — an RBC Shoppers Optimum debit card gives you access to Canada's largest network of ATMs, including more than 250 already installed in Shoppers Drug Mart and Pharmaprix locations, with an additional 50 to be installed by the end of 2012. Some of these locations are open until midnight, or even 24 hours. That means you can do most of your banking in a bright and secure environment after regular banking hours.

Thanks to the Shoppers Drug Mart and RBC alliance, you now have more ways to earn Shoppers Optimum Points.

To open your own RBC Shoppers Optimum Banking Account, or apply for an RBC Shoppers Optimum MasterCard, visit shoppersdrugmart.ca/chooserbc or phone 866-809-3443 today.

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PUTTING POINTS TO GOOD USE

So you have earned enough points from your rewards program to fly around the world twice. Assuming that's not an option, how do you decide what to do with your points?

One of the big bonuses of rewards programs is free stuff, says Patrick Sojka, founder of the Rewards Canada, a website specializing in travel rewards programs for Canadians.

Collectors can redeem their points for anything from travel to merchandise to cold, hard cash. Many stores and credit cards offer rewards or belong to a larger reward program, so there is a huge variety of rewards available to redeem.

TRAVEL REWARDS

Most travel reward programs (frequent flyer, frequent guest or credit card-based programs) allow you to redeem for flights, hotel stays, car rentals and other bonuses, Sojka says.

Travel reward programs and frequent flyer and frequent guest programs, in particular, have elite levels that provide such perks as priority check-in, upgraded rooms, lounge access and numerous other benefits that someone who is not part of the program or not at an elite level within a program would not have access to.

Other credit cards that fall into the "travel points" category allow great flexibility in redeeming, giving collectors the option of using their points for a portion of their airline, hotel or other charges.

COALITION PROGRAMS

A coalition reward program is a program that has many places to collect miles or points and has a large catalogue of rewards in which to redeem those points or miles. Two of these programs that Sojka recommends in Canada are Aeroplan and Air Miles®. Consumers can earn miles with credit cards, everyday shopping, travel, financial services and more. "No other programs in Canada can provide the earning or redeeming coverage of these two programs," Sojka says.

CREATAS/THINKSTOCK

MERCHANDISE REWARDS

Most programs have created reward catalogues with merchandise and gift cards for which people can redeem. "Merchandise can range from $10 gift cards to Harley-Davidson motorcycles worth tens of thousands of dollars," Sojka says.

Some shopping programs give their members early access to special sales or member-only sales.

Some credit cards give you similar perks, for example Holt Renfrew American Express card members receive advance notice of sales, new items and exclusive offers.

FINANCIAL REWARDS

"Over the past few years cash-back credit cards have taken off in Canada and they reward their users with cash back on their spending," Sojka says. "Depending on the card, where you shop and limited time offers, you can earn up to five per cent back on your spending. Other programs have financial rewards like RRSP or RESP contributions."

INNOVATIVE NEW REWARDS PROGRAMS

As established rewards programs have become seasoned over the years (this year marks the 20th birthday of Air Miles®), they have sussed out the best ways to deliver what customers want.

But as the market changes, established and fresh-faced rewards companies change with it, offering innovative new programs to serve consumers' needs.

Most of the new reward programs are shopping based, says Patrick Sojka, founder of Rewards Canada, a website specializing in travel rewards programs for Canadians.

FRESHPOINTS

As technology improves, new opportunities to offer rewards points open up. This was definitely the case with Freshpoints, a new iPhone based program that rewards grocery shoppers, Sojka says. The program awards points to iPhone users when they scan a specific product with their phone. Then Freshpoints offers even more points if the consumer purchases the product.

CARDSWAP

Here is an example of an established company that changed its business model to suit the changing retail landscape. Cardswap used to sell gift cards cheaper than face value. It has now shifted its focus and increased customer engagement by offering gift cards at face value, but with useful rewards for those who purchase Cardswap gift cards frequently.

AIR MILES® CASH

Another example of an established rewards company that's upping its game to meet the needs of its customers. As of earlier this year, Air Miles® collectors can choose to earn miles towards a cash balance, says Andy Wright, president of the Air Miles® Reward Program. That is, shoppers can redeem their points instantly at checkout at particular sponsor locations across Canada.

"We really listen to our collectors and we found that an increasing number were looking for an instant redemption option," Wright says. With Air Miles® Cash, 95 reward miles can be redeemed for $10 off in-store at participating sponsors across the country, including Shell and Rona.

BEYOND THE CATALOGUE PAGES

Going beyond the travel-merchandise-financial rewards trifecta, Air Miles® is now expanding its rewards program to offer one-of-a-kind experiences to Air Miles® collectors. In Toronto this November, Air Miles® will launch a series of exclusive events for food lovers, giving them a chance to interact with some of Canada's top chefs and mixologists, including Mark McEwan, David Adjey and Frankie Solarik.

Collectors can find a list of participating retailers in their province at airmiles.ca/Cash.

Despite the addition of this new program, collectors can still redeem their Air Miles® for Dream rewards, including travel and more than 1,200 items in the Air Miles® Dream catalogue, Wright says.

AIR MILES® Cash

Reward yourself instantly in-store with your AIR MILES reward miles at participating Sponsors.†

1 ACTIVATE
your account at airmiles.ca/cash

2 SHOP
and earn towards your AIR MILES Cash balance

3 REDEEM
instantly towards your purchases using your AIR MILES reward miles

Activate this feature at airmiles.ca/cash

RONA

TOTEM BUILDING SUPPLIES

†You can redeem AIR MILES reward miles in the AIR MILES Cash balance of your AIR MILES Collector Account in increments of 95 reward miles for $10 off your purchases at participating AIR MILES Sponsor locations to a maximum of $200 per day. Visit airmiles.ca/cash to learn more. You must have accumulated sufficient reward miles in the Cash balance of your Collector Account in order to redeem reward miles towards your purchases at participating Sponsor locations. All Rewards offered are subject to the Terms and Conditions of the AIR MILES Reward Program, are subject to change and may be withdrawn without notice. For complete details, visit airmiles.ca. ®™Trademarks of AIR MILES International Trading B.V. Used under license by LoyaltyOne, Inc. Sponsor and Supplier trademarks are owned by the respective Sponsors and Suppliers or authorized for their use in Canada. Coin image© 2012 Royal Canadian Mint – All Rights Reserved.

No regrets from Sinclair after four-game FIFA ban

Soccer. Canadian Olympic women's team captain was disciplined for behaviour toward officials after loss to U.S.

It wasn't Christine Sinclair's scathing comments to the media that landed her in hot water, but her actions toward officials.

Canada's women's soccer captain received a four-game suspension from FIFA last Friday for "displaying unsporting behaviour towards match officials after the match."

The 29-year-old from Burnaby, B.C., said she accepts FIFA's ruling but has no regrets for her actions following Canada's heartbreaking 4-3 semifinal loss to the United States at the London Olympics.

"I don't regret what I said," Sinclair said on a conference call Monday. "We had just lost the chance at playing for an Olympic gold medal and that's a dream that all of us have, and it was a very intense time and I was emotional and I wouldn't want to change that."

Sinclair was also fined 3,000 Swiss francs ($3,152), plus 500 Swiss francs ($525) as a processing fee. The Canadian Soccer Association will pick up the tab.

The CSA has requested the reasons for judgment from FIFA and expects to receive those in about 10 days.

Sinclair recorded all three goals for Canada in the Olympic semifinal at Old Trafford. Canada had the lead until the Americans pulled even late in the second half before adding the winner in extra time.

Sinclair and several teammates lashed out publicly at referee Christiana Pedersen after feeling robbed in a loss they believed was decided by officials.

"We feel like we didn't lose, we feel like it was taken from us," Sinclair said after the final whistle. "It's a shame in a game like that, that was so important, the ref decided the result before it started."

THE CANADIAN PRESS

Quoted

"No, I don't ultimately believe that (Christiana Pedersen) went into the match hoping the U.S. would win."

Christine Sinclair when asked Monday if she truly believed the semifinal match against the U.S. was fixed by referee Christiana Pedersen

Cuba vs. Canada

FIFA head responds to defections

FIFA president Sepp Blatter plans to speak with Cuban officials after three national team players defected in Canada ahead of a World Cup qualifier last week.

The players disappeared nine months after two players with the Cuba women's team fled to the United States following a match against Canada in Vancouver.

Blatter said Monday that the defections had become "a presidential question" for FIFA and not just an issue for the competitions department.

THE ASSOCIATED PRESS

Broncos turn over new leaf vs. Rivers in San Diego

Chargers centre Nick Hardwick, top left, eyes the football while atop Denver's Robert Ayers along with Broncos outside linebacker Wesley Woodyard after a fumble on Monday in San Diego. The Broncos forced San Diego quarterback Philip Rivers to four turnovers on their way to a 35-24 comeback win. The Broncos trailed 24-0 at half-time. LENNY IGNELZI /THE ASSOCIATED PRESS

NHL. CBA talks to return to 'main issues' Tuesday

The key negotiators in the NHL's collective bargaining talks will look to start bridging the gap on economic issues when they resume negotiations.

A meeting between the league and union is scheduled for Tuesday morning where the sides will discuss "ideas for moving the process forward on the main issues," according to deputy commissioner Bill Daly.

Beyond that, there is no set agenda.

The session will feature the Big Four involved in talks — commissioner Gary Bettman and Daly for the NHL, and executive director Donald Fehr and special counsel Steve Fehr for the NHL Players' Association.

Neither side has formally tabled an offer since Sept. 12, when they each put one on the table. Both of those expired when the lockout started.

THE CANADIAN PRESS

Spinning wheels

The sides have maintained a frequent dialogue since the lockout was enacted on Sept. 15, but haven't reported much progress.

- Meetings have largely centred on secondary issues such as drug testing and grievance procedures, and the league has been pushing for the NHLPA to deliver a new proposal on the system for dividing up revenues.

CFL

Argonauts give Williams his walking papers

T.J. Williams paid a hefty price for missing a tackle.

The Toronto Argonauts released the rookie defensive back Monday after Williams missed a tackle on Montreal receiver Jamel Richardson in the Alouettes' 24-12 victory at Rogers Centre on Sunday.

Richardson scored on a 75-yard touchdown pass from Anthony Calvillo late in the third quarter. Williams had a shot at Richardson at about the Toronto 10-yard line, and instead of making the tackle he appeared to try to knock Richardson out of bounds.

But he ended up barely touching the Montreal receiver, who scored easily.

THE CANADIAN PRESS

MLB. Tigers pitching staff having terrific post-season

There were times this year when Justin Verlander took the mound while his team was reeling a bit — and the right-hander's presence was Detroit's best shot at snapping out of a momentary funk.

Now, the hard-throwing ace is in a different situation. Led by Verlander, the Tigers rotation has been absolutely terrific this post-season, and his job is simply to keep this remarkable run going against the slumping New York Yankees.

"I think pitching, much like hitting, is contagious," Verlander said. "Guys go out there night in and night out and see guys have a good game, and the next day he wants to have a good game, (and) so on and so forth. And I think that's what we are feeding on right now."

The Tigers won the first two games of the AL championship series in New York, holding the Yankees scoreless except for one brief uprising against closer-in-limbo Jose Valverde. With the exception of Valverde, no Detroit pitcher has allowed an earned run since Game 3 of the division series against Oakland.

Verlander takes the mound Tuesday night in Game 3 of the ALCS. The reigning AL MVP won both his starts against the A's, throwing a shutout in the decisive fifth game.

THE ASSOCIATED PRESS

By the numbers

0.94

Detroit's starters have posted an 0.94 ERA in the playoffs this year. The post-season record for a starting staff pitching at least seven games is 1.05, set by the 1920 Cleveland Indians, according to STATS LLC.

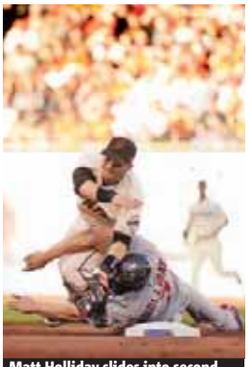
Giants topple Cards to claim first home win of the playoffs

NLCS. Scutaro gets payback to help San Francisco even series with St. Louis

Marco Scutaro answered Matt Holliday's hard takeout with a big hit of his own to help the San Francisco Giants end their home slide.

Scutaro hit a two-run single in San Francisco's four-run fourth inning to help the Giants get their first home win this post-season, 7-1, over the St. Louis Cardinals on Monday night, which tied the NL championship series at one game apiece.

The game got off to a testy start when Holliday barrelled into Scutaro at second base to break up a potential double play in the first inning. The play riled up a crowd that had seen three straight losses by the Giants so far this post-season.



Matt Holliday slides into second, knocking over Marco Scutaro on Monday in San Francisco.
GETTY IMAGES

There was plenty to cheer all night for the Giants. Ryan Vogelsong pitched seven strong innings, Angel Pagan hit a leadoff homer to give San Francisco its first home lead this post-season, and Scutaro broke the game open with his single off Chris Carpenter.

Making Scutaro's hit even sweeter for the Giants was the fact that Holliday misplayed the ball in left field, allowing a third run to score on the error.

Scutaro left after five innings because of an injured left hip, and was going for X-rays.

The series now shifts to St. Louis for three games, starting with Game 3 on Wednesday when San Francisco ace Matt Cain takes on Kyle Lohse of the Cardinals.

THE ASSOCIATED PRESS

Game 2

7	1
Giants	Cardinals

THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS

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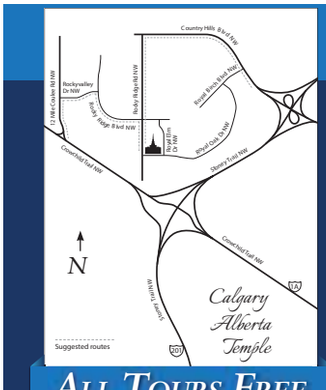
SEPTEMBER 29TH - OCTOBER 20TH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Rocky Ridge Rise NW
Rocky Ridge Meadows NW
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Rocky Ridge Pl NW
Rocky Ridge Gate NW
Rocky Ridge Hill NW
Rocky Ridge Cres

MLB

AMERICAN LEAGUE

LEAGUE CHAMPIONSHIP SERIES
(Best-of-7; x-if necessary)
(Detroit leads series 2-0)
Sunday's result
Detroit 3 New York 0
Saturday's result
Detroit 6 New York 4, (12 innings)
Tuesday's game — All Times Eastern
New York (Hughes 16-13) at Detroit (Verlander 17-8), 8:07 p.m.
Wednesday's game
New York (Sabathia 15-6) at Detroit (Scherzer 16-7), 8:07 p.m.
Thursday's game
x-New York (Pettittie 5-4) at Detroit (Fister 10-10), 4:07 p.m.
Saturday, Oct. 20
x-Detroit (Sanchez 4-6) at New York (Kuroda 16-11), 8:07 p.m.
Sunday, Oct. 21
x-Detroit (Verlander 17-8) at New York (Sabathia 15-6), 8:07 p.m.

GIANTS 7 CARDINALS 1

St. Louis	AB	R	H	BI	BB	SO	Avg.
Jay cf	4	0	0	0	0	0	.111
Beltran rf	3	0	2	0	1	0	.429
Holliday lf	4	0	1	0	0	0	.250
Craig 1b	3	0	0	0	0	1	.000
Y.Molina c	4	0	1	0	0	0	.250
Freese 3b	4	0	0	0	0	0	.125
Descalso 2b	4	0	0	0	0	1	.250
Kozma ss	3	1	0	0	1	2	.143
C.Carpenter p	1	0	1	1	0	0	1.000
Schumaker ph	1	0	0	0	0	1	.000
J.Kelly p	0	0	0	0	0	0	---
Salas p	0	0	0	0	0	0	---
Chambers ph	1	0	0	0	0	0	.000
S.Miller p	0	0	0	0	0	0	---
Rzepczynski p	0	0	0	0	0	0	---
Totals	**32**	**1**	**5**	**1**	**2**	**5**	
San Francisco	**AB**	**R**	**H**	**BI**	**BB**	**SO**	**Avg.**
Pagan cf	4	2	2	1	1	0	.333
Scutaro 2b	3	0	2	2	0	0	.500
Theriot 2b	2	0	1	2	0	0	.500
Sandoval 3b	5	0	1	0	0	1	.125
Posey c	5	0	1	0	0	2	.125
Pence rf	3	0	0	0	1	0	.143
Belt 1b	4	1	2	0	0	1	.375
G.Blanco lf	3	2	1	0	1	0	.286
B.Crawford ss	4	1	0	1	0	0	.125
Vogelsong p	2	0	1	0	0	1	.500
Affeldt p	0	0	0	0	0	0	---
A.Huff ph	1	1	1	0	0	0	1.000
Romo p	0	0	0	0	0	0	---
Totals	**36**	**7**	**12**	**6**	**3**	**5**	

St. Louis	IP	H	R	ER	BB	SO	NP	ERA
C.Carpenter L, 0-1	4	6	5	2	2	1	76	4.50
J.Kelly	1	2	0	0	0	0	17	0.00
Salas	1	1	0	0	0	1	10	0.00
S.Miller	1⅓	3	2	2	1	2	37	13.50
Rzepczynski	⅓	0	0	0	0	1	5	0.00
San Francisco	**IP**	**H**	**R**	**ER**	**BB**	**SO**	**NP**	**ERA**
Vogelsong W, 1-0	7	4	1	1	2	4	106	1.29
Affeldt	1	0	0	0	0	0	8	0.00
Romo	1	1	0	0	0	1	11	0.00

Inherited runners-scored—Rzepczynski 2-0. HBP—by Vogelsong (Craig).
Umpires—Home, Chris Guccione; First, Bill Miller; Second, Greg Gibson; Third, Ted Barrett; Right, Gary Darling; Left, Jerry Layne.
T—3:10.
Attendance—42,679 (41,915) at San Fran.

NATIONAL LEAGUE

LEAGUE CHAMPIONSHIP SERIES
(Best-of-7; x-if necessary)
(Series tied 1-1)
Monday's result
San Francisco 7 St. Louis 1
Sunday's result
St. Louis 6 San Francisco 4
Wednesday's game — All Times Eastern
San Francisco (Cain 16-5) at St. Louis (Lohse 16-3), 4:07 p.m.
Thursday's game
San Francisco (Zito 15-8) at St. Louis (Wainwright 14-13), 8:07 p.m.
Friday's game
x-San Francisco (Bumgarner 16-11) at St. Louis (Lynn 18-7), 8:07 p.m.
Sunday, Oct. 21
x-St. Louis (Carpenter 0-2) at San Francisco (Vogelsong 14-9), 4:37 p.m.
Monday, Oct. 22
x-St. Louis (Lohse 16-3) at San Francisco (Cain 16-5), 8:07 p.m.

St. Louis	010	000	000	—1	5	2
San Francisco	100	400	002	—7	12	0

E—C.Carpenter (1), Holliday (1). LOB—St. Louis 7, San Francisco 9. 2B—Beltran 2 (2), C.Carpenter (1), Belt (1), Vogelsong (1). HR—Pagan (1), off C.Carpenter. RBIs—C.Carpenter (1), Pagan (1), Scutaro 2 (2), Theriot 2 (2), B.Crawford (2). S—Vogelsong. Runners left in scoring position—St. Louis 4 (Y.Molina 2, Jay, Holliday); San Francisco 5 (Belt, Sandoval 2, B.Crawford, Posey). RISP—St. Louis 0 for 7; San Francisco 4 for 14. Runners moved up—Pagan, Sandoval.

NBA PRESEASON

Monday's results
Philadelphia 107 Boston 75
Cleveland 114 Orlando 111, (OT)
Brooklyn 98 Washington 88
Dallas 123 Houston 104
Denver 104 Golden State 98
Portland at Sacramento
Sunday's results
L.A. Clippers 99 Miami 89
San Antonio 116 Houston 107
Memphis 110 Atlanta 102
Tuesday's Games — All Times Eastern
Atlanta at Indiana, 7 p.m.
Brooklyn at Boston, 7:30 p.m.
Orlando at Detroit, 7:30 p.m.
Milwaukee at Chicago, 8 p.m.
Charlotte at Oklahoma City, 8 p.m.
Utah vs. L.A. Lakers at Anaheim, CA, 10 p.m.
Wednesday's Games
Washington at Toronto, 7 p.m.
Cleveland at Philadelphia, 7 p.m.
Memphis at Houston, 8 p.m.
Phoenix at Dallas, 8:30 p.m.
Golden State at Sacramento, 10 p.m.
Denver at Portland, 10 p.m.
Utah at L.A. Clippers, 10:30 p.m.

TRANSACTIONS

MLB

MINNESOTA TWINS — Announced the retirement of director of minor league operations Jim Rantz.
CINCINNATI REDS — Agreed to terms with manager Dusty Baker on a two-year contract extension.
PHILADELPHIA PHILLIES — Named Wally Joyner assistant hitting coach.

NBA

SACRAMENTO KINGS — Waived C Cyril Awere.

NFL

BUFFALO BILLS — Signed DE Shawne Merriman. Released DT Jay Ross and C David Snow.
CHICAGO BEARS — Signed TE Brody Eldridge to a one-year contract. Released RB Kahlil Bell.
JACKSONVILLE JAGUARS — Signed S Chris Harris. Released CB Kevin Rutland.

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
x-Kansas City	32	17	7	8	40	26	59
x-Chicago	32	17	10	5	45	39	56
D.C. United	32	16	10	6	49	40	54
New York	32	15	9	8	54	46	53
Houston	32	13	8	11	45	38	50
Columbus	32	14	11	7	40	40	49
Montreal	32	12	15	5	45	50	41
Philadelphia	31	10	15	6	35	37	36
New England	32	7	17	8	37	44	29
Toronto	32	5	20	7	35	60	22

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
x-San Jose	32	19	6	7	69	40	64
x-Real Salt Lake	32	17	11	4	46	35	55
x-Seattle	31	14	7	10	48	31	52
x-Los Angeles	32	15	12	5	56	45	50
Vancouver	32	11	12	9	35	40	42
Dallas	32	9	12	11	39	42	38
Colorado	32	9	19	4	40	50	31
Portland	32	7	16	9	32	55	30
Chivas USA	32	7	17	8	22	54	29

x — Clinched playoff berth.
Wednesday, Oct. 17 — All Times Eastern
Real Salt Lake at Seattle, 11 p.m.
Saturday, Oct. 20
Montreal at Toronto, 1:30 p.m.
Kansas City at New York, 7 p.m.
Chicago at New England, 7:30 p.m.
Philadelphia at Houston, 7:30 p.m.
Columbus at D.C. United, 7:30 p.m.
Colorado at Chivas USA, 10:30 p.m.

2014 WORLD CUP QUALIFYING

GROUP A	GP	W	D	L	GF	GA	PT
Guatemala	5	3	1	1	8	5	10
U.S.	5	3	1	1	8	5	10
Jamaica	5	2	1	2	5	5	7
Antigua	5	0	1	4	3	9	1

FRIDAY'S RESULTS
At St. John's, Antigua and Barbuda
U.S. 2 Antigua and Barbuda 1
At Guatemala City
Guatemala 2 Jamaica 1
TUESDAY'S GAMES — All Times Eastern
At Kingston, Jamaica
Jamaica vs. Antigua, 7:15 p.m.
At Kansas City, Kan.
U.S. vs. Guatemala, 7:15 p.m.

GROUP B	GP	W	D	L	GF	GA	PT
x-Mexico	5	5	0	0	13	2	15
Costa Rica	5	2	1	2	7	5	7
El Salvador	5	1	2	2	8	9	5
Guyana	5	0	1	4	5	17	1

x — Clinched berth in regional final.
FRIDAY'S RESULTS
At Houston
Mexico 5 Guayna 0
At San Salvador, El Salvador
Costa Rica 1 El Salvador 0
TUESDAY'S GAMES
At San Jose, Costa Rica
Costa Rica vs. Guyana, 9 p.m.
At Torreon, Mexico
Mexico vs. El Salvador, 9 p.m.

GROUP C	GP	W	D	L	GF	GA	PT
Panama	5	3	1	1	5	1	10
Canada	**5**	**3**	**1**	**1**	**5**	**2**	**10**
Honduras	5	2	2	1	4	2	8
Cuba	5	0	0	5	0	9	0

FRIDAY'S RESULTS
At Toronto
Canada 3 Cuba 0
At Panama City, Panama
Panama 0 Honduras 0
TUESDAY'S GAMES
At San Pedro Sula, Honduras
Honduras vs. **Canada**, 4 p.m.
At Havana
Cuba vs. Panama, 4 p.m.

CFL

WEEK 16

EAST DIVISION	GP	W	L	T	PF	PA	Pt
x-Montreal	15	9	6	0	406	417	18
Toronto	15	7	8	0	339	381	14
Hamilton	15	5	10	0	438	481	10
Winnipeg	15	4	11	0	295	460	8

WEST DIVISION	GP	W	L	T	PF	PA	Pt
x-B.C.	15	11	4	0	402	288	22
x-Calgary	15	9	6	0	430	350	18
Saskatchewan	15	8	7	0	397	327	16
Edmonton	15	7	8	0	351	354	14

x — Clinched playoff berth.
Sunday's result
Montreal 24 Toronto 12
Saturday's results
Calgary 32 Winnipeg 21
Edmonton 37 Saskatchewan 20
Friday's result
B.C. 37 Hamilton 17

WEEK 17

Friday's games — All Times Eastern
Winnipeg at Toronto, 7 p.m.
Edmonton at B.C., 10 p.m.
Saturday's games
Montreal at Saskatchewan, 3:30 p.m.
Hamilton at Calgary, 7 p.m.

SCORING LEADERS

x — scored two-point convert

	TD	C	FG	S	Pts
McCallum, BC	0	40	35	7	152
Congi, Ham	0	41	32	1	138
Paredes, Cal	0	38	33	1	138
Whyte, Mtl	0	42	29	7	136
Palardy, Wpg	0	24	32	5	125
Shaw, Edm	0	35	26	9	122
Waters, Tor	0	18	25	6	99
DeAngelis, Sask	0	21	24	1	94
x-C.Williams, Ham	13	2	0	0	80
Dressler, Sask	11	0	0	0	66
Sheets, Sask	11	0	0	0	66
Milo, Sask	0	16	11	12	61

TENNIS

ATP-WTA KREMLIN CUP

At Moscow
MEN
Singles — First Round
Denis Istomin (6), Uzbekistan, def. Bjorn Phau, Germany, 5-7, 7-5, 6-1.
Lukas Rosol, Czech Rep., def. Daniel Gimeno-Traver, Spain, 7-6 (9), 7-6 (2).
Tatsuma Ito, Japan, def. Roberto Bautista-Agut, Spain, 6-3, 1-6, 6-2.
Malek Jaziri, Tunisia, def. Rajeev Ram, U.S., 6-3, 6-1.
Doubles — First Round
Carlos Berlocq, Argentina, and Alex Bogomolov, Jr. (3), Russia, def. Lukas Dlouhy, Czech Rep., and Alexandr Dolgopolov, Ukraine, 6-7 (2), 6-3, 10-5.
WOMEN
Singles — First Round
Lucie Safarova (8), Czech Rep., def. Margarita Gasparyan, Russia, 6-3, 4-6, 6-2.
Sofia Arvidsson, Sweden, def. Bojana Jovanovski, Serbia, 6-2, 6-4.
Klara Zakopalova, Czech Rep., def. Alexandra Cadantu, Romania, 6-3, 6-3.
Urszula Radwanska, Poland, def. Francesca Schiavone, Italy, 6-3, 6-1.
Doubles — First Round
Maria Kirilenko and Nadia Petrova (2), Russia, def. Karolina and Kristyna Pliskova, Czech Rep., 6-4, 4-6, 11-9.
Lindsay Lee-Waters and Megan Moulton-Levy, U.S., def. Alize Cornet, France, and Alicja Rosolska, Poland, 7-6 (7), 6-7 (5), 10-5.

NFL

AMERICAN CONFERENCE

EAST	W	L	T	Pct	PF	PA
N.Y. Jets	3	3	0	.500	133	141
New England	3	3	0	.500	188	137
Miami	3	3	0	.500	120	117
Buffalo	3	3	0	.500	137	192

SOUTH	W	L	T	Pct	PF	PA
Houston	5	1	0	.833	173	115
Indianapolis	2	3	0	.400	100	145
Tennessee	2	4	0	.333	114	204
Jacksonville	1	4	0	.200	65	138

NORTH	W	L	T	Pct	PF	PA
Baltimore	5	1	0	.833	161	118
Cincinnati	3	3	0	.500	149	163
Pittsburgh	2	3	0	.400	116	115
Cleveland	1	5	0	.167	134	163

WEST	W	L	T	Pct	PF	PA
San Diego	3	3	0	.500	148	137
Denver	3	3	0	.500	170	138
Oakland	1	4	0	.200	87	148
Kansas City	1	5	0	.167	104	183

NATIONAL CONFERENCE

EAST	W	L	T	Pct	PF	PA
N.Y. Giants	4	2	0	.667	178	114
Philadelphia	3	3	0	.500	103	125
Washington	3	3	0	.500	178	173
Dallas	2	3	0	.400	94	119

SOUTH	W	L	T	Pct	PF	PA
Atlanta	6	0	0	1.000	171	113
Tampa Bay	2	3	0	.400	120	101
Carolina	1	4	0	.200	92	125
New Orleans	1	4	0	.200	141	154

NORTH	W	L	T	Pct	PF	PA
Chicago	4	1	0	.800	149	71
Minnesota	4	2	0	.667	146	117
Green Bay	3	3	0	.500	154	135
Detroit	2	3	0	.400	126	137

WEST	W	L	T	Pct	PF	PA
Arizona	4	2	0	.667	110	97
San Francisco	4	2	0	.667	152	94
Seattle	4	2	0	.667	110	93
St. Louis	3	3	0	.500	110	111

WEEK 6

Monday's result
Denver 35 San Diego 24
Sunday's results
Atlanta 23 Oakland 20
Tampa Bay 38 Kansas City 10
N.Y. Jets 35 Indianapolis 9
Cleveland 34 Cincinnati 24
Detroit 26 Philadelphia 23, OT
Miami 17 St. Louis 14
Baltimore 31 Dallas 29
Buffalo 19 Arizona 16, OT
Seattle 24 New England 23
N.Y. Giants 26 San Francisco 3
Washington 38 Minnesota 26
Green Bay 42 Houston 24
Thursday's result
Tennessee 26 Pittsburgh 23

WEEK 7

Thursday's game — All Times Eastern
Seattle at San Francisco, 8:20 p.m.
Sunday, Oct. 21
Arizona at Minnesota, 1 p.m.
Green Bay at St. Louis, 1 p.m.
Baltimore at Houston, 1 p.m.
Washington at N.Y. Giants, 1 p.m.
Dallas at Carolina, 1 p.m.
New Orleans at Tampa Bay, 1 p.m.
Cleveland at Indianapolis, 1 p.m.
Tennessee at Buffalo, 1 p.m.
Jacksonville at Oakland, 4:25 p.m.
N.Y. Jets at New England, 4:25 p.m.
Pittsburgh at Cincinnati, 8:20 p.m.
Monday, Oct. 22
Detroit at Chicago, 8:30 p.m.

AHL

EASTERN CONFERENCE

ATLANTIC DIVISION	GP	W	L	OL	SL	Pts	GF	GA
Manchester	2	2	0	0	0	4	5	2
St. John's	2	1	1	0	0	2	5	6
Worcester	2	0	1	0	1	1	5	8
Portland	1	0	1	0	0	0	3	6
Providence	2	0	2	0	0	0	3	7

EAST DIVISION	GP	W	L	OL	SL	Pts	GF	GA
Norfolk	2	2	0	0	0	4	8	5
Syracuse	2	1	0	0	1	3	9	9
Binghamton	1	1	0	0	0	2	2	1
Hershey	1	0	1	0	0	0	3	4
W-B/Scranton	1	0	1	0	0	0	1	2

NORTHEAST DIVISION	GP	W	L	OL	SL	Pts	GF	GA
Bridgeport	2	2	0	0	0	4	10	6
Springfield	2	2	0	0	0	4	8	2
Adirondack	2	1	1	0	0	2	6	7
Albany	1	0	1	0	0	0	1	2
Connecticut	2	0	2	0	0	0	6	9

WESTERN CONFERENCE

MIDWEST DIVISION	GP	W	L	OL	SL	Pts	GF	GA
Chicago	2	2	0	0	0	4	6	3
Milwaukee	1	1	0	0	0	2	3	2
Grand Rapids	2	0	1	0	1	1	5	7
Rockford	2	0	1	0	1	1	3	6
Peoria	2	0	2	0	0	0	3	10

NORTH DIVISION	GP	W	L	OL	SL	Pts	GF	GA
Abbotsford	2	2	0	0	0	4	10	3
Lake Erie	3	2	1	0	0	4	8	4
Hamilton	1	1	0	0	0	2	4	3
Rochester	2	1	1	0	0	2	7	8
Toronto	2	1	1	0	0	2	3	5

SOUTH DIVISION	GP	W	L	OL	SL	Pts	GF	GA
Texas	2	2	0	0	0	4	6	4
Charlotte	2	1	0	0	1	3	6	5
Oklahoma City	2	1	1	0	0	2	4	4
San Antonio	2	1	1	0	0	2	4	4
Houston	2	0	2	0	0	0	3	6

Sunday's results
Lake Erie 4 Toronto 0
St. John's 3 Connecticut 2
Springfield 4 Adirondack 0
Chicago 5 Rockford 3
San Antonio 3 Houston 2
Texas 4 Charlotte 3, (SO)

Monday
No games scheduled
Tuesday's game — All Times Eastern
Binghamton at Rochester, 7:05 p.m.
Wednesday's game
Peoria at Chicago, 8 p.m.

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Horoscopes

♈ Aries
March 21 - April 20
You may be a bit short-tempered today, especially where money matters and business issues are concerned. If you let your negative feelings get the better of you, bad and divisive words could follow. It's really no big deal.

♉ Taurus
April 21 - May 21
You may not be lacking in confidence but confidence is not what you need more of today — you need more common sense. If you take on too much or challenge someone who is bigger than you, the results won't be pretty.

♊ Gemini
May 22 - June 21
You must not allow loved ones and colleagues to pile more work on your plate. Be wary of those who try to use emotional blackmail to get their way. You have nothing to feel guilty about, whatever they might say.

♋ Cancer
June 22 - July 23
You may find it hard to keep your cravings in check over the next 24 hours and that could jeopardize a relationship that is fragile. Variety may be the spice of life, but do you really have to sample everything?

♌ Leo
July 24 - Aug. 23
Your home life and your working life will clash today. Only you can decide which means more to you, but think twice before you sacrifice your ambitions for the sake of a loved one. Would they do the same for you?

♍ Virgo
Aug. 24 - Sept. 23
No matter how much others may irritate you today, you must keep your emotions under control. The planets warn if you say or do anything hurtful now, you will pay for it later.

♎ Libra
Sept. 24 - Oct. 23
You may think that you will lose out if you don't make a quick decision but it isn't true. In fact, the longer you put off making a choice the more likely it is others will make the right choice for you.

♏ Scorpio
Oct. 24 - Nov. 22
You will be even more imperious than usual today, maybe as an over-reaction to yesterday's new moon. Don't be too aggressive though or it could cost you. It will take time and effort to repair a damaged friendship.

♐ Sagittarius
Nov. 23 - Dec. 21
Although you find it easy to get out into the world and make new friends, you also need to reserve some time and space for yourself. Stand back from the hustle and bustle today, and just enjoy being yourself.

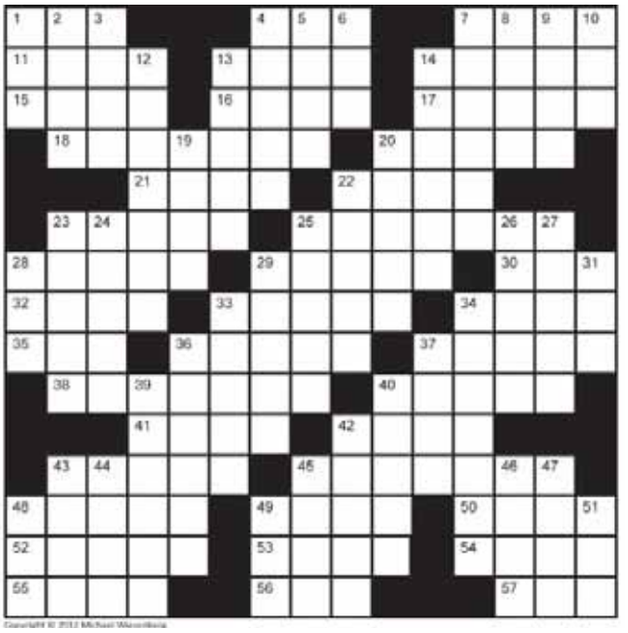
♑ Capricorn
Dec. 22 - Jan. 20
Take care you don't go over the top today, either at home or at work. If you do, you are sure to regret it. Tone down your act a bit and give your rivals more respect. They're not really enemies.

♒ Aquarius
Jan. 21 - Feb. 19
Be nice to everyone you meet over the next 24 hours but especially to employers and people in positions of authority. The last thing you want is to give them an excuse to make life difficult for you.

♓ Pisces
Feb. 20 - March 20
New ideas and new ways of doing things may look attractive but don't discard the old ways all in one go. Aim to get the balance right and get the best of both worlds — it's not really hard. SALLY BROMPTON

Canadian Singers Cross Each Other

BY MICHAEL WIESENBERG



Across
1. Flower garden
4. Official Parliament opposition: initialism
7. Chief
11. Allies' foe in WWII
13. Belle's boyfriend
14. Becomes weary
15. Essence of an argument
16. Bring in, as wages
17. Raises, as children
18. IMAX ___
20. Burnaby, BC-born pop singer Michael
21. Brains
22. Dainty fabric
23. Cathedral topper
25. ___ Party: Canada's oldest federally registered party
28. People buy Dr. Scholl's products for these
29. Spelunking sites
30. Box cover
32. Online report
33. Three goddesses of destiny, with "the"
34. Voice type between soprano and tenor
35. Soup container, often
36. Buenos ___, Argentina
37. Oak nut
38. Alberta's third-largest municipality (after Calgary and Edmonton) (2 wds.)
40. Decrease in intensity
41. How a lazybones hangs around
42. Brought to court
43. Longed (for)
45. Refer to incidentally
48. Cake maker
49. ___ et Chandon champagne
50. Violently frenzied
52. Affirms positively
53. Pea containers
54. Central area of a church
55. Afternoon affairs
56. Pig pen
57. Sunbeam

Down
1. Paper or plastic grocery item
2. Egress
3. Satellite TV receiver
4. Approaches
5. "Bet you can't," e.g.
6. Sometimes groan-inducing bit of wordplay
7. Justin ___: London, Ontario-born Never Say Never pop star
8. Spoken
9. Desiccated
10. Serpentine warning
12. Preparing a beef and vegetable dish
13. Singer Midler or actress Davis
14. Breaks from fighting
19. Broadcasts
20. Infants "in the woods"
22. A cat has nine
23. Alternative to fossil fuels
24. On one's belly
25. "Toodle-oo"
26. Assign as one's share
27. Gasoline unit
28. Blue Jays' games airer
29. Mariah ___: 1990 Best New Artist Grammy winner
31. Controversial hockey commentator Cherry
33. Ballpark
34. Early French Canadian
36. Poisonous snakes
37. Aid, particularly someone in the commission of a crime
39. Informal roadside restaurants
40. Cousins' mothers
42. Shabby
43. Apply asphalt
44. Big name in home furnishings
45. No longer relevant
46. Rubaiyat poet Khayyam, actor Sharif, or *House* actor Epps
47. ___ Scotia
48. Dracula creature
49. Parliamentarians, for short
51. Door opener

Yesterday's Crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

					2	4		
			3	6		8		
4	5	2				6		
9			1		5		6	
	8						7	
	3		4		9			8
		8				7	9	3
		5		1	8			
		4	2					

Yesterday's Sudoku

Weather

TODAY	WEDNESDAY	THURSDAY
MAX: 9° MIN: 7°	MAX: 7° MIN: 3°	MAX: 11° MIN: 5°

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